

Introduction

October-07-13
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Reena Virk

- Troubled 14 year old
 - o Rebelled against authority, was bullied
- Wanted to "fit in", be in a clique
- Murdered by Kelly and Warren

Kelly Ellard

- Convicted of second-degree murder
- Life in prison, no parole for 7 years
- Did not express remorse

Warren Blowatski

- Convicted of second-degree murder
- Granted parole after 8 years
- Parents of Reena supported him throughout
 - o Saw his remorse, taking responsibility

Bullying in Canada

- Many serious cases recently (i.e. Dawn-Marie Wesley)
 - Victims usually teenage girls
 - It is a misconception that boys more prone to physical bullying
 - # of women charged with violent crime is increasing too
-
- People try to study psychology behind bullying in hopes of preventing them in the future
 - o Found to be a link b/w traditional and electronic bullying
 - o Bullying rates high in Canada when compared to other countries

Canadian researchers:

- Marlene Morretti
- Tracy Vaillancourt
- Debra Pepler
- Wendy Craig

* **PREVnet**: network of researchers and organizations dedicated to eradicating bullying

Psychologist:

- seek to describe, explain, and predict occurrence of behaviour
- How to cope/ what to do about behaviour problems

Psychology:

- Multifaceted field of study
- Most ppl associate it only with abnormal psychology

How Psychology Developed

October-07-13
7:55 PM

Philosophy, Physiology, and Psychology

Psychology:

- *psyche* = soul, *logos* = study
- the term uses in early 1700s
- "study of the mind"

*philosophy and physiology influenced early psychology

- o Ex. Socrates, Plato, Aristotle (philosophers) debated mind/body, knowledge, etc...

- Early topics of study include:
 - o Brain function and body systems (i.e. blood circulation)
 - o Human reaction time
 - Separation of sensation and perception

Wundt and Hall

- Wilhelm **Wundt** wanted to make psychology its own discipline
 - Modelled after chemistry and physics
 - Well received by academic community
 - **1879** - psychology's "date of birth"
 - **Wundt** then defines as "study of the conscious mind"
- * **APA**: worlds largest organization for advancement of psychology
- G. Stanley **Hall** established America's first research lab for psych
 - Founded and 1st president of American Psychological Association (APA)

Structuralism vs. Functionalism

Structuralism: psychology is to analyze consciousness into components and investigate how they are related

- Edward **Titchener**
- Ex. Sensation, emotion, images
- Depended on *introspection* (self-observation of conscious experience)
 - Asked about their experiences when exposed to stimuli
- More laboratory based

Functionalism: psychology is to analyze the purpose of consciousness, not structure

- William **James**
- * psych = embedded in network of cultural and intellectual influences
- **Natural Selection**: heritable characteristics, provide survival/reproduction advantage, more likely to be passed on, 'selected' over time
 - o Implies characteristics have purpose
- Consciousness = consistent *flow* of thoughts, *stream of consciousness*, cannot be understood in Components
- Based on real-life situations, practical = broader range of study

Female Psychologists:

- Margaret Floy Washburn
 - o 1st woman to get a Ph.D in psych
- Leta Stetter Hollingworth
 - o Women and children studies
- Mary Whiton Calkins
 - o Studied w/ James, 1st woman president of APA

* **FUNCTIONALISM** is usually referred to as the 'winner' *

Behaviourism & Watson

Behaviourism: psychology should study only observable behaviour

- John B. **Watson** (1st 'pop psychologist', very popular)
 - * this school of thought abandoned consciousness, redefined psych
- **Why?** He thought science = observations and proof (not opinion and expression)
- **Behaviour**: any observable response/activity
- He also was on the **nurture** side of the '*nature vs. nurture*' debate
 - * the goal of behaviourism is to relate behaviour (response) to environment (stimuli)
 - Aka *stimulus-response (S-R) psychology*
- Rise in animal studies (no longer looking at mental processes)

Ivan Pavlov

- Dog salivating experiment
- Influenced the development of behaviourism
- Stimulus-response studies

Opposing viewpoints:

Gestalt psychology: study perception/conscious experience over behaviour

Sigmund **Freud** (Austria) was studying the *unconscious* mind

Sigmund Freud & the Unconscious

- Initially wanted to treat mental disorders (irrational fears, obsessions anxieties, etc...)
 - o *Psychoanalysis* (others) and also analyzed his own mind
- **Unconscious**: thoughts/memories/desires not in conscious awareness but still influence behaviour
 - o Ex. Slips of the tongue show true feelings
 - o Ex. Dreams

- **Psychoanalytic theory**: explains personality, motivation, and mental disorders by focusing on the unconscious mind
- Emphasized sex and sexual urges (very controversial)

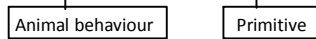
B. F. Skinner

- Also a very popular psychologist
- Developed *radical behaviourism* (no need to study mind b/c it has no affect on behaviour)
- Environment = behaviour
- * organisms repeat responses w/ positive outcomes, avoid responses w/ negative outcomes

QUOTE: "free will is an illusion"
- Skinner

Humanism

- Thought behaviourism and psychoanalytic theory were "dehumanizing"



Humanism: emphasizes the unique qualities of humans (i.e. freedom and potential growth)

- Carl **Rogers** & Abraham **Maslow**
 - *Optimistic* view, humans = sense of self
 - No animal research

Psychology in Canada

- James Mark **Baldwin**
 - 1st Canadian experimental psych lab (UofT 1891)
- However, psychology taught in universities in Canada since 1830s (through philosophy dep.)
- John Wallace **Baird**
 - 1st Canadian psychologist to be president of APA
- Canadian Psychology Association (CPA) formed in 1939

* pg. 12 - Summary of Perspectives *

Female Canadian Psychologists:

- Brenda **Milner**
 - Memory, one of founders of neuropsychology
- Mary Salter **Ainsworth**
 - Developmental psych
- Mary **Wright**
 - Developmental, children, and educational psych
- Doreen **Kimura**
 - Brain and cognition

Professional Psychology

Applied psychology: everyday, practical problems

- **Clinical psychology**: diagnosis and treatment of psychological problems/disorders
- * WW2 lead to development of clinical psych, soldiers suffering from trauma
- Others include **school, industrial, organizational, and counselling psychology**

Struggle/feud between research and professional psychologists

Cognition and Physiology

Cognition: mental processes involved in acquiring knowledge (thinking, conscious experience)

- Jean **Piaget** (children cognitive development)
- Noam **Chomsky** (language)
- Herbert **Simon** (problem solving)
- James **Olds** (electricity specific parts of brain = diff responses)
- Roger **Sperry** (left & right brain)
- David **Hubel** & Torsten **Wiesel** (visual signal processing)
- *Cognitive perspective* = mental processes influence perception of environment ∴ behaviour

* Donald Hebb

- Importance of brain in behaviour
 - *Cell assemblies*: cognitive units, facilitate behaviour
 - Neural networks

Neuropsychology: brain & behaviour

- Applied to many different aspects of psych (ex. Clinical, personality, developmental, etc...)
- *Neuroethics*: how info from brain and behaviour is used

Psychology and Cultural Diversity

* psych has been predominantly 'western' society based

Why?:

1. Cross-cultural research is **expensive**, and **inconvenient**
2. My inadvertently cause **stereotypes**
3. **Ethnocentrism** (tendency to view own group as superior, judging others based on own standards)

Starting to change this due to:

- Increase in technology, travel, etc...
- Western becoming more diverse

* Test generality of previous research

Evolutionary Psychology: behavioural processes in terms of adaptive value for members of a species over many generations

* behavior = product of evolution

- Behaviours favoured by natural selection get passed on

Argument: this perspective is untestable

Positive Psychology: better understand the positive, adaptive, creative and fulfilling aspects of human existence

- Martin Seligman (influenced by daughter, stop being 'grumpy')
- 3 areas of interest:
 1. Positive emotion (love, happiness, etc...)
 2. Positive traits (strengths, virtues)
 3. Positive relationships (families, neighbourhoods)

Arguments: dividing human experience into positive and negative is not accurate

Featured Study: Bullying in Canadian Schoolyards

October-08-13

1:01 AM

* used naturalistic method (videotapes children during the school day)

* this opposed to common questionnaires usually held

Method

Participants:

- 34 aggressive children
- 31 socially competent children
- Average age is 9.9

Measures:

- Rated by teachers and peers

Procedure:

- Videotapes analyzed
- Rated children either aggressive or socially competent

Discussion

- Naturalistic method = **Effective in bullying studies**
- Bullying = social phenomenon (involved peers)
- Info found is crucial for anti-bullying actions

BY: Wendy M. Craig & Debra J. Pepler

Results

- 300 bullying episodes in 48 hours
- 50% - verbal aggression
- 29% - physical aggression
- 21% - combination

- Boys involved 2x more than girls
- Aggressive doesn't mean more bullying
- 85% - not isolated (peers around/involved)

Psychology Today: Vigorous and Diversified

October-08-13
1:38 AM

Psychology: the science that studies behaviour and the physiological and cognitive processes that underlie it

Research Areas in Psychology:

1. Developmental
2. Social (
3. Experimental (sensation, perception, emotion, etc...)
4. Physiological (genetics)
5. Cognitive (higher mental processes)
6. Personality
7. Psychometrics (design of tests to assess personality, intelligence, etc...)

*** pgs. 24-25 - Overview of Psychology's History ***

Professional Specialties in Psychology:

1. Clinical (diagnosis & treatment of disorders, non-medical approach)
2. Counselling (aid w/ everyday problems)
3. Educational/school (school/child related problems)
4. Industrial/organizational (business & management)

Different from **Psychiatry**: branch of medicine, diagnosis and treatment of disorders

* Schooling is very different

Putting it in Perspective: Seven Key Themes

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- 1. **Psychology is empirical** - knowledge is acquired through observation
 - 2. **Psychology is theoretically diverse** - many different theories for the same thing (diff perspectives)
 - 3. **Psychology evolves in a sociohistorical context** - affected by trends/issues/values of current society
 - 4. **Behaviour is determined by multiple causes**
 - 5. **Behaviour is shaped by culture** - customs, beliefs, norms etc...
 - 6. **Heredity and environment jointly influence behaviour**
 - 7. **People experience of the world is highly subjective** - perception (se what they *want* or *expect*)